



**Abby Dads**  
Father Involvement Program



# Mission and Vision

Our mission is to provide support and resources to fathers, helping them build strong relationships with their children and families. Our vision is to create a community where every father is empowered and engaged.

# History

**1995:** Initiated male support worker program for young fathers in Abbotsford.

- Focus on fathers under 25 years.
- Provided individual support, parenting classes, recreational groups, and wellness programming.
- Ensured a variety of supports for fathers of all ages.

**2006:** Shifted focus from age of fathers to age of children.

- Emphasis on young fathers with children aged 0-6.
- Included fathers separated from the mothers of their children.

**2010:** Rebranded from New Beginnings Abby Dads to Abby Dads.

# English Language Groups

**Dad Chat:** A drop-in group where fathers can share and receive support on topics like relationships, parenting, family life, court issues, and interactions with MCFD.

**Anger Awareness:** This 8-session group introduces tools and concepts to help participants understand and manage anger, enhancing daily functioning both at home and elsewhere.

**Men in Relationships:** An 8-session group designed to deepen participants' understanding of relationship dynamics and develop effective communication skills.

**In Control:** A 3-session group focused on empowering clients to maintain personal agency in challenging situations.

**Conflict Resolution:** This 3-session group aims to broaden participants' understanding of conflict, offering practical tools for resolution, emphasizing the importance of perspective, and encouraging responsibility for one's role in conflicts.

# Punjabi Language Groups

**Chai Time:** A casual and welcoming space for community members to connect.

**Trucker Chai Time:** Tailored for truck drivers, this online group offers a supportive environment to share experiences and unwind.

**Anger Awareness:** Focused on helping individuals understand and manage anger in a healthy way.

**Men in Relationships:** A group dedicated to discussing and improving relationship dynamics for men.

# Intake and Referrals

Clients can **self-refer** to our services, ensuring easy access for those in need.

We prioritize working closely with our clients and community partners, including:

- **Ministry of Children and Family Development (MCFD)**
- **Fraser Valley Aboriginal Children and Family Services Society (FVACFSS)**
- **Crown Counsel**
- **Probation Services**
- **Treatment Centers**

Our collaborative approach ensures comprehensive support and effective service delivery.

# Contact Information

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